



Epidemic and Pandemic Influenza Self Care Tips: Dealing with stress brought on by isolation and quarantine

Things to Remember if Faced with an Epidemic or Pandemic

- No one who experiences a disaster is untouched by it.
- We each have different needs and different ways of coping.
- It is normal to feel anxious about your family's and your own health and safety.
- Stress along with fear, disbelief, grief, and anger are normal reactions to a catastrophic event.
- Fear of the unknown or of exposure can also cause increased stress.
- Focusing on our strengths and abilities will help you to heal.
- Accepting help from social supports, community programs and resources can promote a healthy psychological recovery.
- Acknowledging our feelings helps us recover.
- Gathering and following expert information from credible sources can help direct your actions and minimize stress.

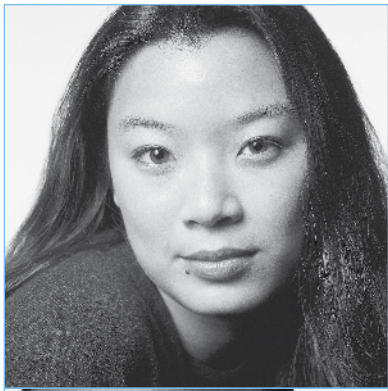
Signs that Adults May Need Stress Management Assistance

- Difficulty communicating thoughts
- Difficulty sleeping
- Difficulty maintaining balance
- Easily frustrated
- Increased use of drugs/alcohol
- Limited attention span
- Headaches/stomach problems
- Tunnel vision/muffled hearing
- Disorientation or confusion
- Difficulty concentrating
- Depression, sadness
- Feelings of hopelessness
- Mood-swings
- Crying easily
- Overwhelming guilt and self-doubt

Ways to Ease Stress and Build Resilience

- When possible talk with someone about your feelings of fear, anger, sorrow, and other emotions - even though it may be difficult.
- Take steps to promote your own physical and emotional healing by staying active and maintaining as many daily life patterns as the isolation or quarantine allows. This healthy outlook will help yourself and your family. (i.e. healthy eating, rest, exercise, relaxation, meditation.)
- As much as possible maintain a normal household and daily routine, limiting demands of yourself and your family.
- Maintain contact with family, friends and social supports, e.g. church or pastor. Isolation and quarantine do not prevent you from having e-mail or telephone communications.

DISASTER FACT SHEET



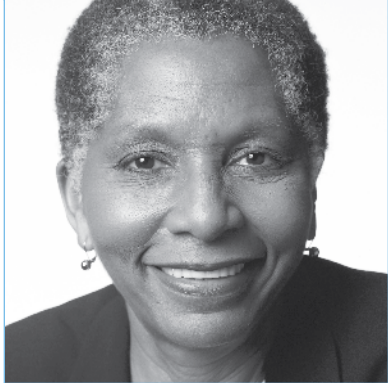
- Establish and follow a family emergency plan. Feeling that there is something that you can do may be very comforting.
- Reduce tension by practicing relaxation techniques, e.g. deep breathing
- Try to replace negative thoughts with positive ones.
- Keep things in perspective

Where Can I Find Help?

If you need additional assistance contact your local public health department, community mental health center, a counselor, or a mental health professional.

The information in this fact sheet was adapted from a publication by the Center for Mental Health Services of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

<http://mentalhealth.samsha.gov>





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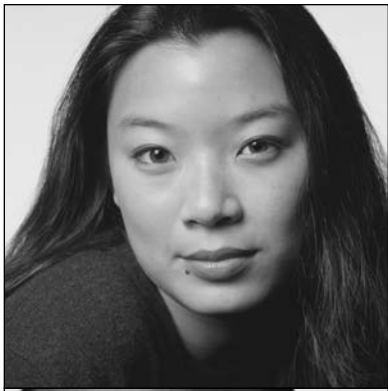
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